

Understanding Delirium

- In Corporate Culture

Causes, Symptoms, Prevention, and Recovery



What is Delirium?

- Delirium is a sudden and serious disturbance in mental abilities that results in confused thinking and reduced awareness of the environment.
 - Develops over hours or days
 - Often reversible with proper treatment
 - Common in hospitalized or elderly patients

Causes of Delirium

- Infections (e.g., UTI, pneumonia)
- Medication side effects or withdrawal
- Surgery or anaesthesia
- Dehydration or electrolyte imbalance
- Organ failure (kidney, liver)
- Alcohol withdrawal (delirium tremens)

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... loosing self confidence

- Sudden change in company performance
- Downsizing of company

- Conflict with manager
- Overperformed peer

- Stress related to delayed delivery
- Nearing Appraisal / Evaluation time

Symptoms of Delirium

- Confusion and disorientation
- Poor memory and attention
- Disorganized thinking
- Mood swings and hallucinations
- Sleep disturbances
- Restlessness or withdrawal

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... visible ASB (*artificial show-off behaviour*)

- Restlessness or withdrawal
 - Disorganized Approach
- Arguments with Colleagues
 - Confusion and disorientation
- Poor memory and attention
 - Mood swings and hallucinations

Prevention Mechanisms

- Maintain hydration and nutrition
- Monitor and manage medications
- Ensure proper sleep and rest
- Avoid sudden changes in environment
- Treat infections promptly
- Support cognitive engagement

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... practice mediation & breathing control

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- Understand the source of negativity
- Clarity in organization roadmap

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- Cordial discussion with colleagues
- Open to adapting change

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- Avoid negative thoughts
- Focus of job role, and task completion

Recovery Mechanisms

- Identify and treat underlying cause
- Provide supportive care and supervision
- Reorient the patient regularly
- Use calming and familiar environments
- Monitor progress and adjust treatment
- Involve family and caregivers

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... distancing from -ve source

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- Seek Support of Seniors (3S)
- Improve your usable skillset

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- Clarity & Clear in communication
- Avoid negative gossips

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- Count on every small achievements
- Gain confidence



Thank You

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